



Republic of the Philippines
Department of Education

REGION I

SCHOOLS DIVISION OFFICE OF ALAMINOS CITY 2023-07-28

Office of the Schools Division Superintendent



DIVISION MEMORANDUM
DM-2023-343


TO : Assistant Schools Division Superintendent
Chief Education Supervisors – CID & SGOD
Education Program Supervisors
All Heads of Public Elementary and Secondary Schools
All Others Concerned

FROM : Schools Division Superintendent

SUBJECT : **NUTRIQUIZ IN CELEBRATION OF NUTRITION MONTH -
"HEALTHY DIET GAWING AFFORDABLE FOR ALL"**

DATE : July 27, 2023

1. As we celebrate Nutrition Month, we are pleased to announce the upcoming event on July 31, 2023, "SDO Alaminos City NutriQuiz," which aims to promote awareness and understanding of the importance of maintaining a healthy diet that is affordable for everyone.
2. Nutrition Month is an opportune time to emphasize the significance of proper nutrition in our daily lives. The theme for this year, "Healthy Diet Gawing Affordable for All," highlights the crucial role of accessible and budget-friendly food choices in ensuring the well-being of individuals and communities alike.
3. The NutriQuiz will be an engaging and interactive activity, designed to test knowledge about various aspects of nutrition, healthy eating habits, and cost-effective dietary choices. Participants will have the chance to showcase their understanding of how to make nutritious food more attainable for everyone, regardless of economic background.
4. We encourage all division employees to participate in the NutriQuiz and contribute to the success of this event. This is an excellent opportunity for us to enhance our awareness of nutrition-related matters and promote a culture of health and wellness within our organization.
5. Let us come together to celebrate Nutrition Month and take a step towards making "Healthy Diet Gawing Affordable for All" a reality. Your active involvement in this event will not only benefit you personally but will also contribute to our collective efforts in fostering a healthier workplace.
6. For information, guidance and compliance.


VIVIAN LUZ S. PAGATPATAN, CESO VI
Assistant Schools Division Superintendent
Officer-In-Charge
Schools Division Superintendent

With hundred reasons to serve!



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Mechanics of NutriQuiz:

1. A total of 8 questions related to the topic "Healthy Diet Gawing Affordable for All" will be prepared for the NutriQuiz.
2. The questions will be flashed or sent to the Group chat of the division at specific intervals during the designated quiz period.
3. Employees are encouraged to participate actively in the NutriQuiz by providing their answers promptly in the Group chat.
4. The first participant to answer correctly will be declared the winner of the hour for that particular question.
5. Each winner will receive a healthy prize as a reward for their knowledge and participation.
6. Once an employee has won a question, they will not be eligible to participate in the following questions to provide a fair chance for others to win.
7. The quiz will be monitored by the designated organizers to ensure fairness and accuracy in declaring the winners.
8. In case of any disputes or uncertainties, the decision of the quiz organizers will be final.
9. The NutriQuiz aims to promote learning, engagement, and camaraderie among the employees while increasing awareness of nutrition-related topics.
10. Let's make this a fun and educational experience for everyone, and together, let's celebrate Nutrition Month by promoting the importance of a healthy and affordable diet for all.

Note: The schedule, specific rules, and details of the NutriQuiz will be provided before the event to all participants to ensure clarity and smooth conduct of the activity.

With hundred reasons to serve!